



Yr6 - Food Technology



Key Vocabulary

Nutrition	The process of providing or obtaining the food necessary for health and growth.
Processed	Modified through manufacture such as refinement or food processing.
Harvested	The process of gathering the ripened crop; harvesting.
Dietary requirements	The needs of someone who only eats certain types of food, or who needs to avoid certain foods.
Diabetic	A condition where there is too much glucose in the blood and the body can't make enough insulin.
Nutrients	Nutrients are substances found in food that carry out certain jobs in the body. We need different nutrients to keep us healthy.
Balanced diet	The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups.
Hygienic	Being clean, especially in order to prevent illness.
Portion control	the process of making sure that the amount of food you eat for each meal is not too large

